

**GARDNER CENTER**

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs	Res/NonRes
232.3.0500	Zumba	16+	Th	1/15	3/5	5:30-6:30pm	Vasquez	8	\$45/53
232.3.0501	Zumba	16+	Sa	1/17	3/7	2:30-3:30pm	Vasquez	8	\$45/53

**HANK LOPEZ CENTER**

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
211.3.0500	Aerobics	16+	W	1/14	2/18	7:45-8:45pm	Combando	6	\$68/76

**HOOVER CENTER**

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
296.3.0500	Pilates	16+	Sa	1/24	3/31	10:00-10:50am	Camp Carter Int'l	8	\$57/65

**NORTHSIDE CENTER**

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
209.3.0500	Zumba	16+	Th	1/15	3/5	7:30-8:30pm	Shakti	8	\$91/96

**SOUTHSIDE CENTER**

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
216.3.0500	Intro to Ju Jitsu	18+	Th	1/15	3/19	6:30-8:00pm	Kunzman	10	\$83/91
216.3.0501	Pilates	16+	M	1/26	3/23	7:00-8:00pm	Camp Carter Int'l	8	\$144/122
216.3.0502	Yoga	18+	T	1/13	3/17	5:30-7:00pm	Pickel	10	\$151/159
216.3.0503	Yoga	18+	T	1/13	3/17	7:15-8:45pm	Pickel	10	\$151/159

**WEST SAN JOSÉ CENTER**

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
294.3.0500	Yoga Hatha	18+	Th	1/15	2/19	5:30-6:30pm	Gopalakrishan	6	\$59/67
294.3.0501	Yoga	18+	T	1/13	2/17	5:30-6:30pm	Gopalakrishan	6	\$59/67

**Almaden Fitness Center**

Monday–Friday:

8:00am-2:00pm & 5:00-8:00pm

Saturday: 9:00am-4:00pm

- Open to 14 year olds and up.
- Fitness Pass receipt must be presented at the time of check-in
- Fitness attire and athletic shoes are mandatory
- Fitness room features new equipment and televisions to enhance your workout experience
- Locker rooms are now open and include showers and day use lockers for your convenience

**Camden Fitness Center**

Monday, Wednesday, Friday:

8:15am-1:00pm & 4:00-7:45pm

Tuesday, Thursday:

7:30am-12:30pm & 5:00-8:45pm

Saturday: 9:00am-12:00pm

**Adaptive Fitness:** Monday, Wednesday & Friday:

1:00-3:30pm

(See program information under sports & fitness)

- Fully equipped fitness facility
- Personal tours of facility and fitness consultations available
- Adaptive fitness program tailored to meet the needs of persons with disabilities
- Call 408-559-8553, for more information on drop-in, monthly, and yearly rates

**Fitness Consultation:** Monday-Saturday by appointment – \$35 per hour for individuals and \$50 per hour for families or groups of 4